

# The Sourdough

S E N T I N E L

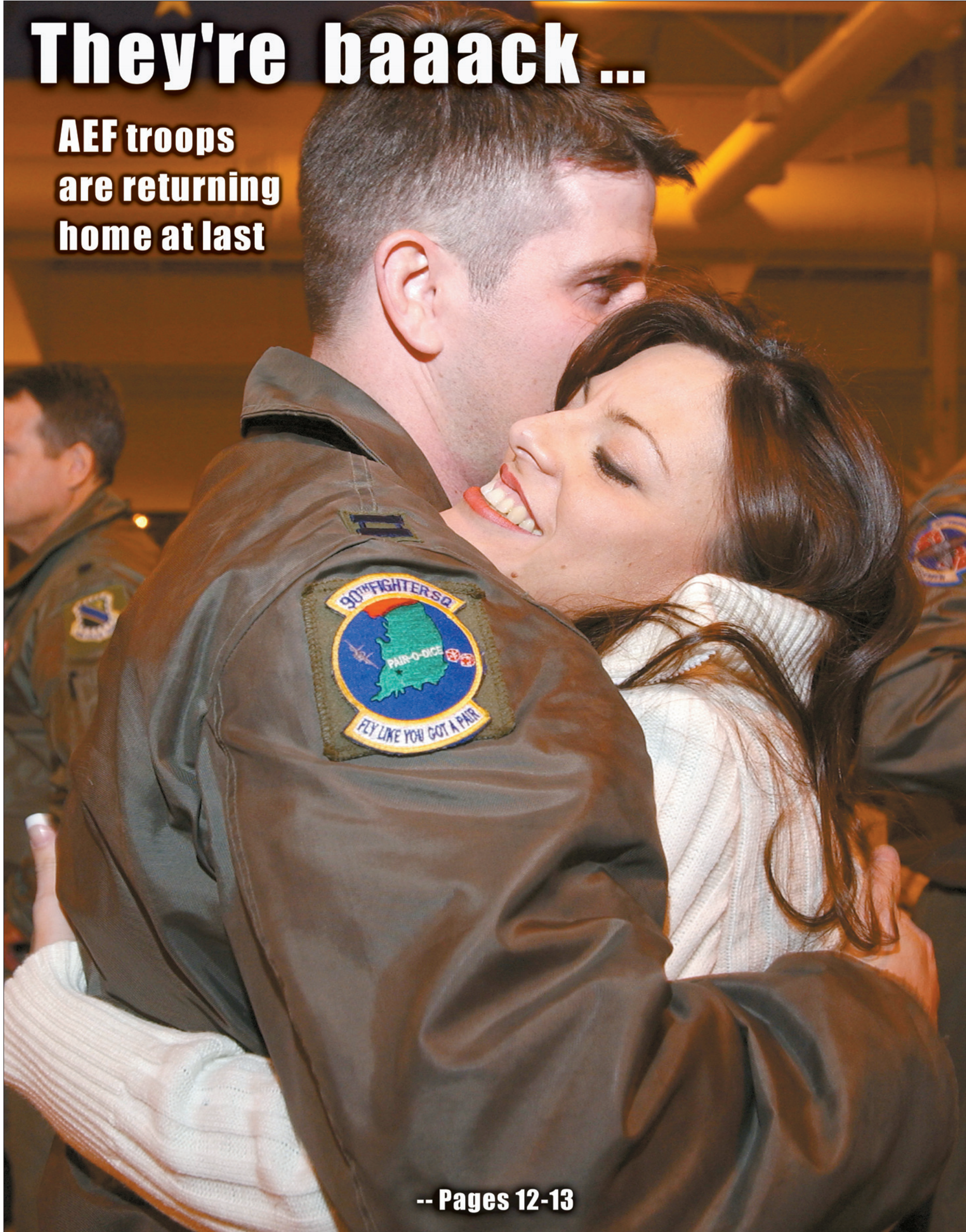
Jan. 14, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 2

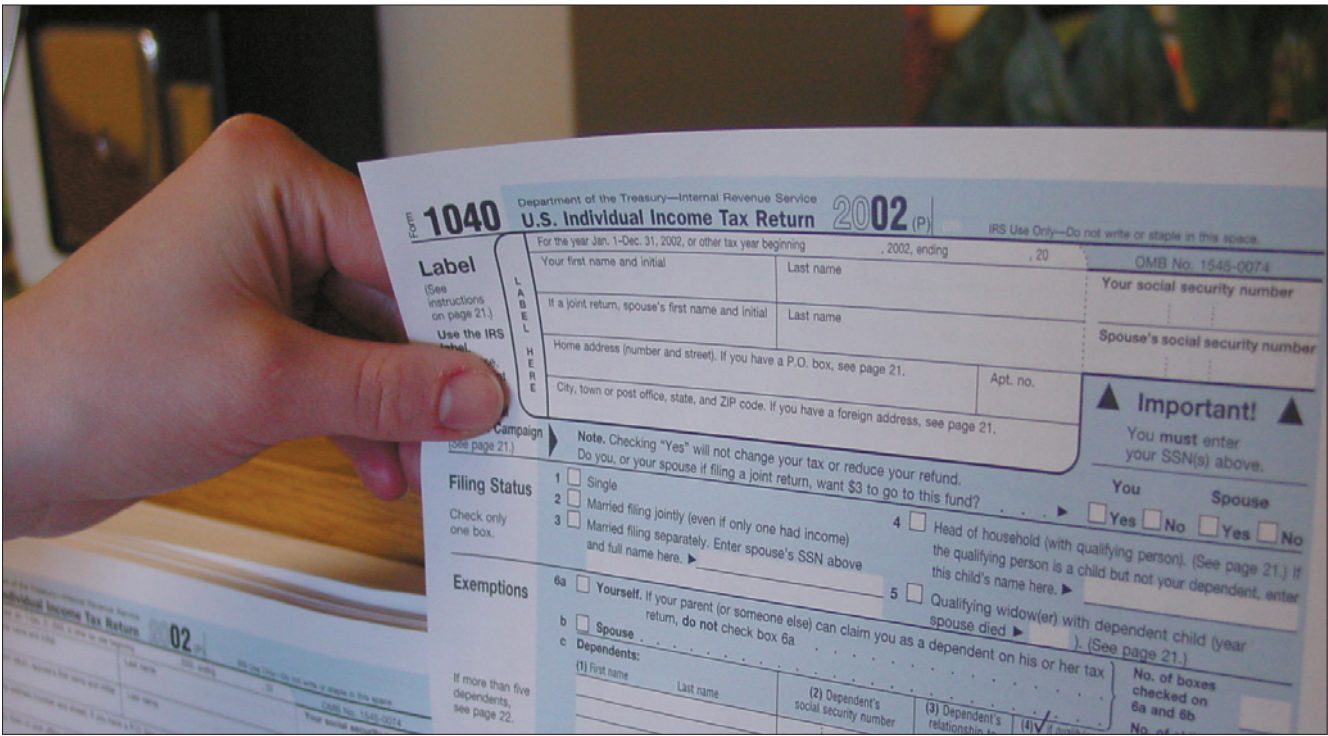
## They're baaack ...

**AEF troops  
are returning  
home at last**



-- Pages 12-13





## Tax time!

It's that time of year again. W-2s are showing up in mailboxes (and will be on My Pay soon) and many may be getting anxious to file their taxes in anticipation of receiving a return from the Internal Revenue Service. To assist people in their tax filing, the 3rd Wing Tax Center will be opening its doors Jan. 24 in the People Center. This year, the new and more spacious facility will have more than 60 trained unit tax advisors for one-on-one consulting. People will have the option to file electronically and receive a check from the IRS or to have their refund electronically deposited, which takes 10-14 days to receive. Last year, the Tax Center's customers saved more than \$300,000 in filing fees. Additional information on the Tax Center and its hours will be posted in upcoming editions of the *Sourdough Sentinel*.



■ **Master Sgt. Donald Murphy Jr.**, 3rd Component Maintenance Squadron, coordinated with more than 20 base agencies to secure a contract award, despite a stringent end of fiscal year timeline and numerous roadblocks. His efforts helped pave the way for a desperately needed 6,000-square-foot engine storage facility.

■ This week's commander's shadow is **Airman 1st Class Terence Lee**, 3rd Comptroller Squadron.

# Action Line



Col. Michael Snodgrass  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**

Lt. Col. Christopher Thelen, 3rd CES/  
CC  
552-3007  
Maj. David Aupperle, 3rd SVS/CC  
552-2468  
Lt. Col. Robert Garza, 3rd SFS/CC  
552-4304

## Flu vaccines here

The 3rd Medical Group now has the flu vaccine for all active-duty Air Force personnel, medical high risk beneficiaries and other groups.

Active-duty personnel may receive vaccinations at the Bio-engineering Building from Jan. 26-28 from 9 a.m. to 3 p.m. The Immunizations Clinic will be open for walk-in patients Monday through Friday from 7:45 a.m. to 4:30 p.m.

The following are considered high risk groups: children age 6–23 months; adults 50 years and older; persons age 2–64 years with chronic medical conditions; adults and children with chronic disorders of the pulmonary/cardiovascular systems; adults and children who required regular medical follow-up or hospitalization during the preceding year due to chronic metabolic diseases, renal dysfunction, blood disorders, or immunosuppression; women who will be pregnant during October through March; residents of nursing homes and long-term care facilities; children age 6 months–18 years on chronic aspirin therapy; health-care workers involved in direct patient care; and out-of-home caregivers and household contacts of the above high risk groups.

For more information, call 580-2000.

## Wood Hobby Shop

**Q:** This is a complaint about your Wood Hobby Shop at the Skills Development Center. I'm a reservist that has been recalled to active duty. Working with wood is something I like to do to occupy my time.

Last winter, I was able to work in the woodshop after work. The shop was always busy with people working on projects. This year, however, they changed the hours, got rid of the instructor and made the place very unfriendly to users.

The shop now closes at 6 p.m. Who does that benefit?

The military member works until 4:30 p.m., goes home, gets changed and by then, it's too late to do any-

thing because the shop is closed.

The times I have made it in there, it was dirty and there wasn't anybody to assist me in using the different power tools (safety issue).

With the dark winter hours I'd like to see the hours adjusted to be open until 9 p.m. and for safety's sake, rehire an instructor as it was last winter. Thank you.

**A:** Operation of the wood shop has remained a challenge since its reopening approximately 15 months ago.

One of the major challenges is associated with sufficient funding to sustain adequate supervision and hours of operation of the shop. There simply has not been enough revenue (i.e., participation) to en-

able the shop to be self-sufficient.

We recognize changes must be made if we are to continue to operate the wood shop.

The Skills Development Center's director recently updated the center's business plan to include suggestions for future staffing and changes to current hours of operation for different activities within the center, to include the wood shop.

Because these changes could have an impact on other aspects of the Skills Development Center, the overall plan is undergoing a thorough review. In the meantime, we will do our very best to ensure the shop remains clean and staff members are available to assist customers when necessary.

## 3rd Wing Moment in History



### Jan. 15, 1941:

The 3rd Bombardment Group formed and activated two new light bombardment groups, the 45th and 46th. The new groups continued with the 3rd until they were moved to their own stations in May and June.



**The Sourdough**  
SENTINEL

Published by ANCHORAGE PUBLISHING, INCORPORATED, Anchorage, Alaska, a private firm in no way connected to the U.S. Air Force, under exclusive written contract with the 3rd Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. Military services in Alaska. Contents of the Sourdough Sentinel are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or ANCHORAGE PUBLISHING, INCORPORATED of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor for the purchaser, user or patron.

For information on advertising, call 561-7737 or fax to 561-7777. Editorial content is edited and approved by 3rd Wing Public Affairs at Elmendorf Air Force Base, Alaska. For information about items used in the Sourdough Sentinel, call 552-2493 or e-mail to [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil). All photos are Air Force photos unless otherwise indicated.

**Best in DoD 2000**  
**Best in Air Force**  
**1999, 2000 & 2001**  
**Best in PACAF**  
**1998, 1999, 2000 & 2001**

**Editorial Staff**  
**Col. Michael Snodgrass**  
3rd Wing Commander  
**Lt. Col. Michael Halbig**  
Chief, Public Affairs  
**Staff Sgt. Mike Edwards**  
NCOIC, Internal Information  
**Senior Airman Amy Morrisette**  
Editor



# Snow removal team named 'Best in AF'



COURTESY PHOTO

By Mr. Jon Scudder

3rd Wing Public Affairs Environmental

When a severe 5-day, 20-inch snow storm blanketed the Anchorage bowl and threatened to slow operations on Elmendorf last year, there was no one in the Air Force who combated Old Man Winter better than the 3rd Civil Engineer Squadron's snow removal team.

"Day in, day out, this snow removal team did an outstanding job, taking on severe snow conditions, and they did it better than anyone else," said Mr. Dennis Mattson, base civil engineer at the 3rd Civil Engineer Squadron. "Zero runway closures during the fourth snowiest season ever, and more than 28,000 aircraft sorties unaffected. Their stats tell a superb story."

For their expert handling of more than 90-inches of snow and ice last year, the snow removal team was recognized with the Balchen Post Award, an award given annually to the best snow removal team in the Air Force.

Mr. Joe Cross, 3rd CES roads and grounds superintendent, said this was the second time in three years the snow removal team won the award, and added that organizations aren't allowed to win the award two years in a row, according to Air Force directives.

With approximately 130 people making up the snow removal team, he said there wasn't any time to be mesmerized by all the white stuff — there was a flightline and 300 miles of roadways that needed to be cleared.

This included clearing more than 3.3 million yards of pavement and two runways. Crews worked around the clock dur-

ing the 24 snowfalls last year to ensure that zero aircraft missions were delayed, including aircraft participating in exercises Cope Thunder and Northern Edge.

When the team was missing a quarter of their staff due to the participation in the wing's Operational Readiness Inspection, Mr. Cross said the civilian employees who were left came together and volunteered to work extra hours to get the job done.

"We have a seasoned snow team that works together," said Mr. Cross.

They kept visitors, like the numerous Air Force general officers here for the Corona Top conference, and those transiting through Elmendorf, such as the chief of staff, secretary of defense and vice president, on their path.

He said Elmendorf's roadways were equally as challenging, with nearly 1,000 housing units and streets to clear. "Crews dropped more than 3,700 tons of sodium and sand mix along with 2,300 gallons of potassium acetate on the roadway," added Mr. Cross. He said these materials are more environmentally friendly than urea and alcohol used in previous years.

They cleared the roads safely, and the snow removal team had no reported injuries or reportable vehicle incidents.

"This safety record was no fluke," said Mr. Cross. "We installed \$18,000 in bright LED lights and reflective markings on the snow removal vehicles, and also spearheaded the mandate for lighted beacons on every airfield vehicle," added Mr. Cross. "This is a tremendous improvement."

"Our drivers and flight line operators gained a huge visibility increase during the lowest visibility time of the year," said Mr. Cross. "We also established controlled areas where only snow removal is being done. With no airfield operations, this significantly



MR. JON SCUDDER

Mr. Robert Gagnon, 3rd Civil Engineer Squadron, works on an airfield snowbroom apparatus.

decreases the likelihood of any interaction with other airfield operators.

"These improvements contributed to the reduction of vehicle accidents by 55 percent," added Mr. Cross. "A lot of hard work helped us achieve this award. Not only did we get outstanding support from our snow team, but from people like the folks at base operations and the mechanics over at the 3rd Logistics Readiness Squadron. They keep the equipment running so we can clear snow."

Mr. Cross said winning the award was important.

"It's a nice tribute for the snow removal team and what they have accomplished for the base."

*"Zero runway closures during the fourth snowiest season ever, and more than 28,000 aircraft sorties unaffected. Their stats tell a superb story."*

Mr. Dennis Mattson



STAFF SGT. JOHANA CADIZ

Snow from storms such as this one pictured from last year, kept snow removal teams working continuously to keep the flightline clear.



# 517th Firebirds support tsunami relief efforts

**By Tech. Sgt. Theo McNamara**  
3rd Wing Public Affairs

About 90 Elmendorf members and four C-130s from the 517th Airlift Squadron “Firebirds” deployed to Jakarta, Indonesia are aiding in relief efforts to aid tsunami-ravaged communities in South Asia.

Elmendorf got the call late Dec. 29 and within hours the “Firebirds” were launching their first aircraft and crew.

“We received a verbal order to deploy the forces at the end of the day, so we began to position ourselves to launch first thing in the morning,” said Col. Michael Snodgrass, 3rd Wing commander. About 16 hours later, the team had accomplished what would normally be expected to take 24 hours.

After hours of planning, packing and readying the crews to deploy, they met an insurmountable force (bad weather) only hours after leaving Elmendorf, which left only one option: recall the planes.

“When we received official notification to deploy, we were ready and our folks launched,” explained Colonel Snodgrass. “But when the airplanes took off, they encountered significantly strong headwinds, and weather conditions at one of our primary refueling locations had changed for the worse – making it

---

See “Tsunami” page 5



STAFF SGT. RHIANNON WILLARD

**A C-5 aircraft prepares for departure Jan. 5 to join C-17 and Elmendorf C-130 crews in Thailand, where an earthquake and tsunami ravaged 3,000 miles of Asian and African coastline, killing more than 100,000 people and leaving about 5 million people homeless. Elmendorf’s first relief crew headed out Dec. 31 to bed down at Jakarta, Indonesia. From this base, the crews are using the C-130s to deliver water, food and medical supplies to communities struck by the tsunami. The deployment is expected to last 45 days.**





STAFF SGT. RHIANNON WILLARD

**Master Sgt. Dennis Albaugh, 3rd Equipment Maintenance Squadron, and other members from the 3rd Wing sign hand receipts for their supplies before leaving to support the tsunami relief effort, Jan. 5.**

“Tsunami” from page 4  
impossible for us to land.”  
He went on to explain, that this is where training pays off.  
“We train ourselves to accommodate

changes and to be flexible enough to alter our plan and still get the mission done.” So, with the team’s ability to help the people of the affected area put on hold for the moment, they

were able to reassess the situation, formulate a new plan and launch out again the next morning.  
“Our primary concern is to prevent the further loss of life and

human suffering and help people in the region recover from this terrible disaster,” said Colonel Snodgrass. “So, the 16 hours of preparation our folks invested was crucial to their ability to make these critical decisions; it simply means we’re ready to launch out at any given moment and we’ll do just that.”  
The crews did launch on New Year’s Eve loaded with a wide range of skills and equipment the United States Air Force supplies in disaster relief operations like the one in South Asia.  
The C-130 Hercules and crew have the capability to load and transport all types of cargo such as food, water, mechanical equipment, bulldozers and vehicles, as well as people to locations that are in need of assistance.  
Each aircraft has a maintenance team deployed with it to keep the airplane flying safely and there’s a small security contingent involved to keep Elmendorf’s people and assets safe.  
Under the direction of U.S. Joint Task Force 536, headquartered at Utaphao, Thailand, the 517th AS is currently flying humanitarian aid missions to communities throughout the region.  
“We extend our sincere condolences to all the people of the region at this time of suffering,” said Colonel Snodgrass. “Team Elmendorf is committed to providing aid to the region.”



# Airman commits adultery, receives article 15 action

■ An airman 1st class from the 3rd Equipment Maintenance Squadron committed adultery and made a false official statement.

His punishment included a reduction to airman, a suspended reduction to airman basic, suspended forfeiture of \$596 pay per month for two months, a suspended restriction to base for 45 days and 45 days extra duty.

■ An airman 1st class from the 3rd Component Maintenance Squadron failed to go to work on time because he wrongfully overindulged in intoxicating liquor.

His punishment included a reduction to airman, suspended forfeiture of \$200 pay per month and 15 days extra duty.

■ A senior airman from the 3rd Medical Operations Squadron failed to go to work on time.

Due to the fact that she had a previously suspended punishment, her suspension was vacated resulting in a reduction to the grade of airman 1st class.

■ An airman 1st class from the 3rd Logistics Readiness Squadron acted in a insubordinate manner toward an noncomissioned officer.

Additionally, he was drunk and disorderly while at his deployed location.

His punishment included a reduction to airman, and a suspended forfeiture of \$348 pay per month for two months.

■ A senior airman from the 3rd Aircraft Maintenance Squadron drove his vehicle while drunk.

His punishment included a reduction to airman first class, a suspended reduction to airman and 15 days extra duty.

■ An airman 1st class from the 3rd Civil Engineer Squadron drove his vehicle while drunk.

His punishment included a reduction to airman, suspended forfeiture of \$500 pay per month for two months, 30 days restriction to base, 30 days extra duty and a reprimand.

■ An airman 1st class from the 3rd Aircraft Maintenance Squadron wrongfully used marijuana.

His punishment included a reduction to airman, a suspended reduction to airman basic and 15 days extra duty.

■ An airman from the 3rd Equipment Maintenance Squadron was disrespectful in language to a superior noncommissioned officer.

Due to the fact that he had a previously suspended punishment, his suspension was vacated, resulting in a reduction to the grade of airman basic.

# Questionnaire could affect COLA rates for Elmendorf

By Master Sgt. Tim Hoffman  
Alaskan Command Public Affairs

Military members in Alaska, with dependents living in the state, are highly encouraged to take the online cold climate questionnaire by Feb. 15. The survey results may change the Cost of Living Allowance rates for Alaska.

The survey is used to determine the extra money military members spend on specialized cold climate items like protective clothing and winterization of privately owned vehicles.

“The bottom line is we don’t know how our COLA rates will be affected until the survey results are reviewed and analyzed,” said Senior Master Sgt. Curt Smith, Chief, Alaskan Command Personnel and Programs. “We need as many qualified military members as possible to take the survey, so we can get accurate data.”

The online survey is available at: <https://secureapp2.hqda.pentagon.mil/perdiem/datacollectfrms.html>.

Uniformed service members, Coast Guardsmen, members of the U.S, Public Health Service and some National Guardsmen in the state of Alaska with command-sponsored dependents are eligible to take the survey.

“The purpose of COLA is to compensate members for differences in the cost of living between the continental United States and their assigned location outside CONUS,” he said.

The DoD Per Diem, Travel and Transportation Allowance Committee, which oversees COLA as well as other allowances, will use the result of the survey to adjust COLA rates.

The survey is designed to work for members at various locations around Alaska.

“When they get to the web site most people should click on the ‘EXCEL’ version of the questionnaire and save it to their desktop. Fill out the spreadsheet, which should take around 30 minutes, save it and then email the form as an attachment to the email address listed at the end of the survey,” said Smith.

For more information, contact Sergeant Smith at *Curtis.Smith@Elmendorf.af.mil*.





AIRMAN 1ST CLASS GARRETT HOTHAN

**Airman 1st Class Chris Sage**

**Duty title:** 3rd Logistics Readiness Squadron vehicle operator/dispatcher  
**Hometown:** Seattle, Wash.  
**Hobbies:** Football, baseball and basketball  
**How he contributes to the mission:** Responsible for training vehicle operations personnel on heavy equipment and for operating wrecker recovery vehicles and making tractor trailer cargo runs  
**Time at Elmendorf:** Two years and six months  
**Best part of being in Alaska:** The wilderness and fishing  
**Supervisor’s comments:** “Airman Sage is a mission-focused combat trucker who takes personal responsibility for each task thrown his way. He accepts nothing but excellence from his own efforts, and encourages his teammates to work to the same standard.” Senior Master Sgt. James Johnson III



AIRMAN JONATHAN THRASHER

**Staff Sgt. Crystal Danziger**

**Duty title:** 732nd Air Mobility Squadron commander’s support staff noncommissioned officer in charge  
**Hometown:** Daleville, Ala.  
**Hobbies:** Spending time with family and outdoor activities  
**How she contributes to the mission:** Responsible for CSS customer service, and for EPRs, OPRs and decorations for 732nd AMS troops  
**Time at Elmendorf:** More than five years  
**Best part of being in Alaska:** Being here with her family  
**Supervisor’s comments:** “Sergeant Danziger exemplifies a professional NCO who continuously displays a positive disposition and work ethic. The success of the 732nd CSS is due in large part to her daily contributions and outstanding career field knowledge.” 1st Lt. Sean Shelverton



# Utility conversion saves energy, taxpayers' money

By Mr. Jon K. Scudder

3rd Wing Public Affairs Environmental

Little did base civil engineers know that the infrastructure constructed to provide steam heat and electricity to Elmendorf for a period of 25 years would still be in use nearly half a century later.

In 2005, this lasting legacy will come to an end. Elmendorf's \$48.7 million energy savings performance contract to convert to distributed natural gas and purchased electricity is on track for October 2005.

Mr. Paul Degner, 3rd Civil Engineer Squadron project manager, said the base conducted a heat and power economic analysis to determine the most viable power and heating option.

Of several options explored, the installation of natural gas lines, placement of boilers in each building and the use of purchased electricity was the best alternative.

"The conversion will decrease our energy use and in the long term, be less expensive to the taxpayers," said Col. Mark Douglas, 3rd Mission Support Group commander.

"This conversion will eliminate a 58-mile network of severely deteriorated steam return condensate lines," said Mr. Degner, referring to the underground pipe system that circulates steam to heat buildings throughout the base. "It will also provide an estimated 36 percent energy savings, saving the taxpayers over \$100 million compared with the cost of revitalizing the existing steam system."

Mr. Degner said electricity will be purchased from a commercial source as another facet of the project, eliminating the need to replace the outdated base power plant.

"The power plant has exceeded its 40-year



COURTESY PHOTO

**A steam line burst near the base powerplant in June 2003 as a result of deteriorating steam lines, sending steam, dirt and other debris into the air. No one was injured in the incident, but it served to underscore the need to update the base's method of heat production.**

useful life and is energy inefficient due to outdated technology," said Mr. Degner. "We anticipate beginning demolition of the plant and 86 steam pits in 2006."

"In the future, we will be buying electricity, produced using modern technology," added Mr. Degner. "This will reduce government maintenance obligations and be easy to expand for future growth," he added.

Construction to prepare for electricity conver-

sion will begin in May, while the installation of natural gas lines and boiler construction has been ongoing since the spring of 2004.

"We're almost done with the distributed natural gas system, and boiler construction has just surpassed the half-way point," said Mr. Degner.

"This project will ensure Elmendorf meets Executive Order 13-123 that mandates federal agencies reduce power consumption by 35 percent by 2010," he added.



# Briefs

## Suicide prevention

All military members are required to attend one of the following briefings at the Base Theater to satisfy their annual suicide prevention training requirement: Jan. 24 at 3 p.m., Jan. 26 at 7:30 a.m., Feb. 7 at 3 p.m., Feb. 9 at 7:30 a.m., March 7 at 3 p.m. and March 9 at 7:30 a.m. Additional briefings will be scheduled throughout the year with times and dates to be announced.

For additional information, call 580-1041 or contact your first sergeant or your squadron training manager.

## Legal readiness

The Legal Office will offer a legal readiness briefing Wednesdays at 2 p.m. For more information, call Staff Sgt. April Coleman at 552-1969.

## Club guest passes

Any individual authorized on base with a valid DoD/military ID can sign out guest passes from the Susitna Club cashier, The Cave duty manager and the Kashim Club duty manager during club operating hours.

Before their expiration date, passes can be given to guests by members to allow them on base. For base entry, guests will need a guest pass, their driver’s license, registration/IM and proof of insurance.

Passes will only be valid for use from 6 p.m. Friday to 3 p.m. Sunday. During special functions, guest entry procedures will be according to current guidelines and guest lists that will be submitted four weeks in advance to Security Forces.

## Veteran’s Job Fair

A Veteran’s Job Fair is Feb. 8 from 11 a.m. to 4 p.m. at the Anchorage Job Center at 1251 Muldoon Rd. The fair is an opportunity for veterans to meet federal contractors. Be sure to bring your resume.

For questions, call 269-0071.

## New newborn policy

The TRICARE Prime enrollment period will now be reduced from 120 days to 60 days from the date of birth and/or official date of adoption.

People who are expecting to give birth/awaiting adoption proceedings, should ensure the following are completed within 60 days: obtain the certificate of live birth from where your newborn was delivered/adoption paperwork, have the sponsor sign a DD Form 1172, take both documents to the ID center in the People Center/Military Personnel Office, and fill out and mail a TRICARE Prime/Remote enrollment form. The form can be mailed to TRIWEST Healthcare Alliance at P.O. Box 43590 Phoenix, AZ 85080-3590, or taken to the TRICARE Service Center.

After 60 days, if a TRICARE Prime enrollment form hasn’t been submitted, the newborn/newly adopted child will become TRICARE Standard, in which a person will incur all associated deductibles, cost shares, and have limited access to providers within the military hospital. For further questions regarding TRICARE, call 1-888-TRIWEST, or for questions regarding enrollment into DEERS, call 552-2276.

## Wayland Baptist

Wayland Baptist University is offering master’s, bachelor’s and associate degrees and all classes needed to obtain your Community College of the Air Force degree.

Registration starts Jan. 31 and the term begins Feb. 21.

For more information, visit a Wayland representative at the Education Center or call 753-6416.

## Volunteering program

People who volunteer and have children at home can get free childcare through the Air Force Aid program. The only requirement is that participants be volunteers on base.

Those interested, and others who have a program in need of volunteers, should call the Family Support Center at 552-8068. A listing of volunteer opportunities is also listed on Topcover.

## Chapel luncheon

On Thursday, a Christian Fellowship Luncheon will be held at the Chapel One Annex at 11:30 a.m., consisting of pizza and a salad for \$3. This will also be a special time of prayer for the tsunami victims.

The guest speaker will be Chaplain (Capt.) Matt Boyd.

Please RSVP through the Chapel Center at 552-4422.

## Free movie

Beginning Tuesday, the Armed Forces YMCA will have free tickets to the movie “Ocean’s Twelve,” showing Jan. 21 at 7 p.m. at the Base Theater.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Saturdays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.



# Arctic Life

Great living in the great land

## Airman rapper packs Kashim Club with free concert

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

An up-and-coming rap artist who has recently been garnering national media attention decided to make a special appearance Jan. 8, to provide a free concert for Arctic Warriors at the Kashim Club.

With the release of his latest album “A Soldier’s Story,” Bobby Cheeks is poising himself to become a dominant force in the world of hip hop, while at the same time remaining dedicated to the men and women he works with everyday.

“I try to keep my music separate from my job in the Air Force,” said Mr. Cheeks, who is also known as Senior Airman Bobby Cheek, 3rd Dental Squadron, assigned to the 3rd Dental Squadron as a perio-therapist. “While music is very important to me, the Air Force gave me an opportunity to do something with my life that I may not have been able to do otherwise. For

that, I am very grateful.”

This soft-spoken native of Jersey City, N.J., said the Air Force has been able to help him provide for his family while allowing him to spend his own time pursuing his musical interests.

“For my video ‘Y’all came 2 party’ I took leave and flew back to New Jersey to film it,” Airman Cheek said. “It takes a lot of work, but like everything else in life, to be successful, you have to work hard.”

Known for producing music without violent lyrics or cursing, Airman Cheek describes his style as “party, serious, deep and personal at times.” He also offers advice for other aspiring rappers who happen to be in the military.

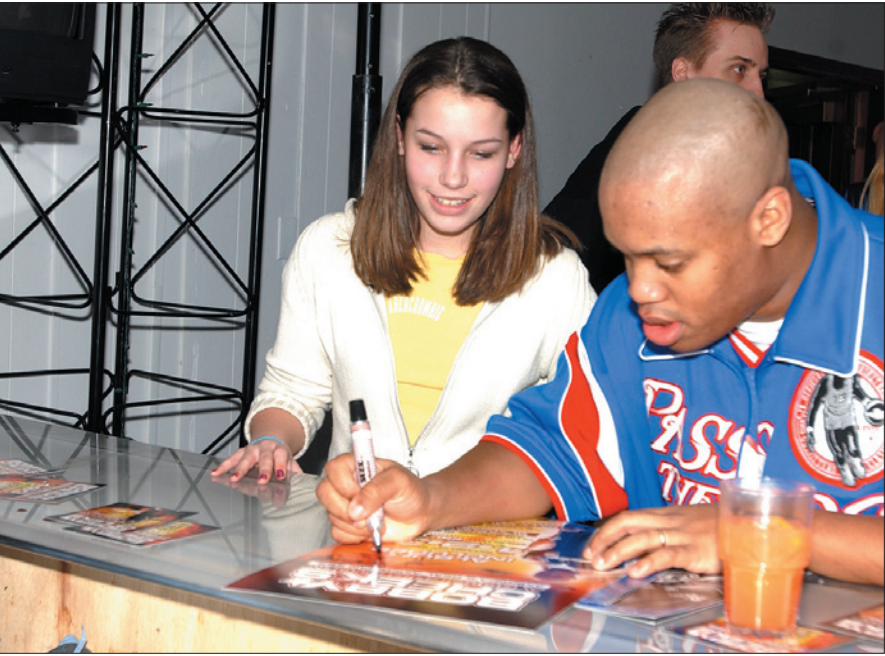
“I encourage everyone to pursue what they love, whether it is music or something else. As long as your heart is in the right place, that is what matters,” he said. “Keep it real and keep it positive. Children are the real fans, so you have to make sure you steer them in the right direction. They need positive role models.”



PHOTOS BY TECH. SGT. SHARON BALTAZAR

Above: Bobby Cheeks, a.k.a. Senior Airman Bobby Cheek, 3rd Dental Squadron, lays down some free-style grooves as part of his free performance at the Kashim Club Jan. 8.

Left: Mr. Cheeks spends time after Saturday night’s concert to sign autographs for fans. He also was available the next afternoon at the Base Exchange for an autograph signing session in conjunction with the release of his latest CD, “A Soldier’s Story.”



Col. Robert M. Douglas, commander

### Unit Spotlight: 3rd Mission Support Group

#### MISSION:

The 3rd MSG executes mission support for the 3rd Wing and 36 associate units assigned to Elmendorf — the largest military installation in the Eleventh Air Force. The group is responsible for Civil Engineering, Services, Mission Support, Security Forces, Communications, Logistics Readiness, Contracting, and Non-commissioned Professional Military Education. The 3rd MSG also maintains combat and contingency readiness forces and supports two forward operating bases.





# Return of the 'Dicemen'



Above: Emma Coldsnow, daughter of Capt. Matt Coldsnow of the 90th Fighter Squadron, holds a sign to greet her dad upon his return. Members of the 90th FS returned to Elmendorf Monday after being deployed for four months to South Korea as part of a recent Air Expeditionary Force deployment. On the cover: Capt. Thomas Davis, 90th FS, gets a hug from his wife Michelle.

PHOTOS BY STAFF SGT. SUE NUCKOLLS



Above: Two F-15E Strike Eagles rest in the 90th FS hangar following their return.  
Below: Families wait for their deployed spouses to come through the door at the Joint Mobility Complex.



Above: Staff Sgt. Terry Hebert, 90th FS, unloads a baggage pallet for returning members of his unit.  
Right: Cassie Giefer kisses her daddy, Maj. Todd Giefer, 90th FS.



## My daddy, my hero

My daddy is a soldier  
A hero who's at war  
But now I know what for

I know I'm scared a lot  
Because his life's at stake  
But I've come to realize something  
To help my heart not break

So after all the pain  
And after all the crying  
I realized this is life  
It's filled with wars and dying

He's fighting for our country  
Because freedom isn't free  
I know some people think it is  
But it will never be

He's there to keep us safe  
And out of harm's way  
Every single moment  
Of every single day

So I can say I'm proud  
That my daddy's in the war  
Because now I get it  
And now I know what for

My daddy is my hero  
And he always will be  
He'll do anything he can  
To make sure I am free

(By Melissa Erkon, written during her father's tour in Iraq)









# **WHO'S YOUR WINGMAN?**

**THERE ARE SOME THINGS IN LIFE THAT JUST  
WEREN'T MEANT TO BE HANDLED ALONE ...**

**IF YOU NEED A WINGMAN THE BASE CHAPLAIN,  
THE LIFE SKILLS COUNSELORS, AND THE PEOPLE  
AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.**

**ONE SUICIDE IS ONE TOO MANY**





AETC in depth

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

ACROSS

- 3. Kid activity
- 8. Arabic holy man
- 12. USAF enlisted report
- 14. FDR Memorial sculptor George
- 15. Pedestal section
- 16. Spy org.
- 17. Microbes
- 18. Test
- 19. Burt’s ex
- 20. Fall mon.
- 21. Cut
- 22. Sister
- 23. Bullring cheer
- 25. DiCaprio and others
- 28. Printer acronym
- 29. Communications outlets
- 30. Track distance
- 31. Close

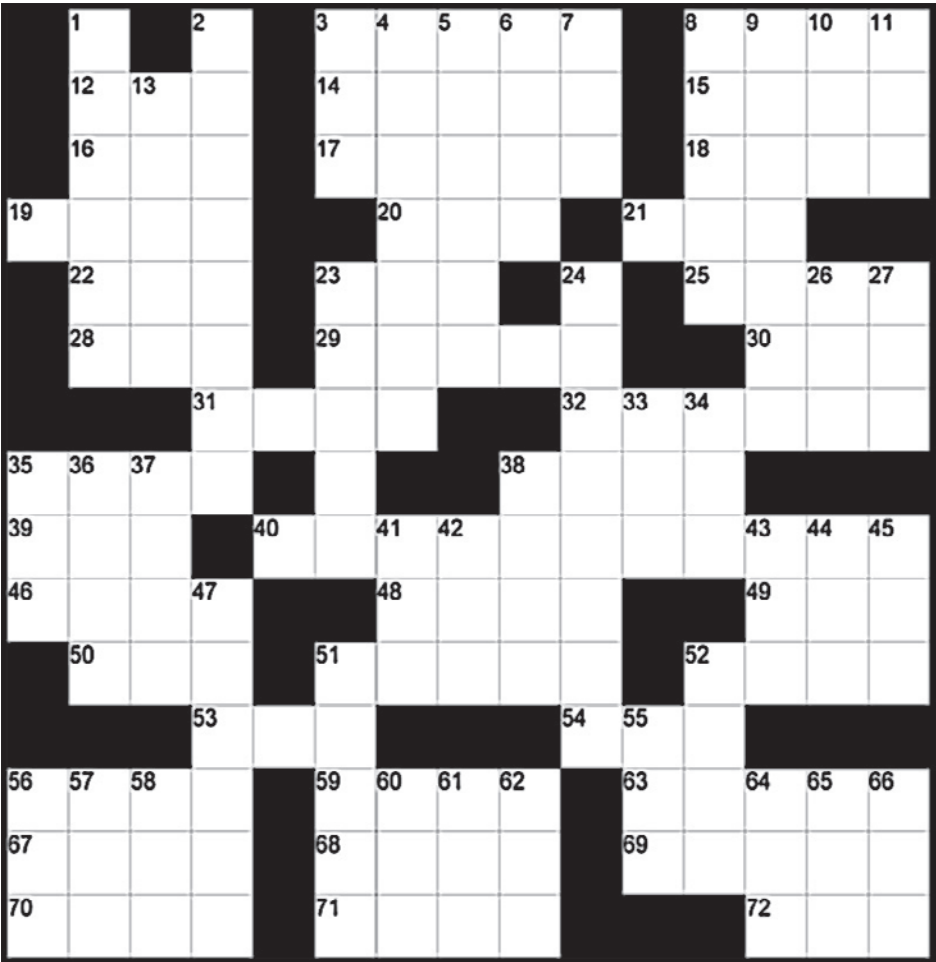


Last week's solution

- 32. Powdery
- 35. Stars & Stripes
- 38. Ring results
- 39. University at 9 DOWN
- 40. AETC base
- 46. AETC program
- 48. NAS in Spain
- 49. Orioles great Ripken
- 50. Cryptological org.
- 51. Weighed down
- 52. Restaurant item
- 53. Fish egg
- 54. Hue
- 56. Continent in PACAF AOR
- 59. European range
- 63. Fetches, as in pay
- 67. AETC degree
- 68. Shafts
- 69. Dessert
- 70. Newsweek competitor
- 71. Tills
- 72. Child’s item

DOWN

- 1. NAF in AETC
- 2. One mission of AETC
- 3. USA rank
- 4. AETC base
- 5. Consented
- 6. Pack down tightly
- 7. Golfer Ernie
- 8. Archetype
- 9. AETC base
- 10. Oklahoma town
- 11. Parent
- 13. Wall picture
- 23. D-Day beach
- 24. AETC base
- 26. Acorn end state?
- 27. Spook



- 33. Small jump
- 34. Burn residue
- 35. Opposite of 31 ACROSS
- 36. Zodiac animal
- 37. Crafts’ partner
- 38. Carry
- 41. Gun org.
- 42. National defense org.
- 43. Expert pilot
- 44. Waft
- 45. Singer Cantrell
- 47. Decanter
- 51. Empty or drain
- 52. Hateful
- 55. Word of agreement
- 56. Perform
- 57. Classification for classified
- 58. “I Am \_\_\_\_”; Penn movie
- 60. Mekong River area inhabitant
- 61. USAF schools for AETC
- 62. Snake sound?
- 64. Traitor
- 65. AETC academies
- 66. Heavens



# Sports News



COURTESY PHOTO

## Guided snowmachine tours

Arctic Warriors will soon be able to enjoy one of Alaska's most popular outdoor activities. Snowmachines will soon be authorized for use on base trails, as soon as weather and snow permit. For those inexperienced riders, the Outdoor Adventure Program will host guided snowmachine tours for \$35. People must be at least age 16 and can sign up at the Hillberg Ski Area. For more information call 552-4838.

## Supplements promise results, can pose risks

The path to fitness, weight loss and nutrition requires discipline and hard work, but many are turning to supplements to find a faster way to these goals, health officials said.

Easily purchased over the counter, many supplements promise an extra edge. But with their promises come potential long- and short-term side effects, along with the extra expense.

Still an under-regulated industry, supplements make certain claims that are in many ways unfounded, said Dr. (Lt. Col.) Brent Smith, an emergency room doctor for the 325th Combat Support Hospital at Bagram Air Base, Afghanistan. "For many of these supplements there is still no scientific evidence they will perform as advertised," said Dr. Smith.

Along with making claims that aren't substantiated by science, supplements also lack study into the undesired side effects. "Within the supplemental food and nutrition industry, many times you don't know what you're taking," said Dr. Smith. "There is still limited scientific study into the long- and short-

term side effects (of) many over-the-counter supplements."

While there is little support for many of the positive claims of supplement companies, there are ample studies that reveal the negative effects of some, he said.

Dr. Smith said many people think supplements are safe because companies call their products all-natural. "All-natural does not imply safeness," he said. "There are many natural ingredients that can be very harmful to your health. We do know that long term overuse of vitamin A causes kidney damage.

And while many servicemembers are turning to supplements to reach desired effects with their body, many of them are ignoring simple solutions.

"There is no replacement for a balanced diet," said Spc. Brian Messner, 325th CSH nutritionist. "If you need to lose weight or even build muscle, there are many ways to achieve these goals through diet."

Specialist Messner said he sees many servicemembers getting their nu-

trition information and advice from the wrong people. "Just because you meet a guy in the gym who has (had) positive effects from taking a supplement, this doesn't mean it will have the same effects for you," said Specialist Messner. "Each person is different. Factors like age, gender, weight and even ethnic background can have different effects for the same supplement."

Both Dr. Smith and Specialist Messner recommend a person should consult a doctor if he or she insists on taking supplements, not a friend or gym buddy. For some supplements, this is a requirement. Supplements containing the ingredient Androstenedione, which are currently available over-the-counter, will soon be available only by prescription. Effective Jan. 20, it will be illegal to possess any supplement with Androstenedione without a prescription from a doctor.

In addition, people should do their own research into the specific supplement, Specialist Messner said. "Taking twice the recommended dosage won't double the effect," he said. "In fact,

overuse can be very dangerous."

Another important element in supplement use is proper hydration. "In addition to taking proper dosage, hydration is one of the most important things when taking supplements," said Dr. Smith.

The doctor reminds people that while proper diet and exercise will ultimately yield the best results for anybody trying to improve their health, there are some ways supplements can help. Taking a multi-vitamin can help some people compensate for what they don't get from eating. "A simple once-a-day vitamin makes empirical sense if you don't have a diverse diet," Dr. Smith said.

While the path to weight loss and the perfect body through supplements offers many benefits, Specialist Messner said, it's important to pay attention to overall health. "Many supplements help people achieve short-term goals," he said. "If you are really serious about your goals, supplements will only play a small part of your success."

(Courtesy of Air Force Print News)

## Sports Shorts

### Family golf tournament

How good are your golf skills? A Family Micro-golf Tournament will be Jan. 29 at the Arctic Oasis Community Center at 1 p.m. for \$5. The first 18 teams will play, consisting of one parent and one child. For more information, call 552-8529.

### Fit Pregnancy Class

Exercising during pregnancy is good for mom and baby. Learn how to workout safely at a Fit

Pregnancy Class Jan. 25, Feb. 22 and March 29 at 10 a.m. at the Health and Wellness Center. The classes are open to everyone and mandatory for all pregnant active-duty members.

### Free skiing, snowboarding

The Arctic Oasis Community Center will host "Operation Cope Deployment," a fun-filled day Jan. 24 from 11 a.m. to 5 p.m. for kids ages 6-18, who have deployed parents or one who has re-

cently returned. Along with free food, there will be free snowboarding, skiing and tubing at the Hillberg Ski Area. Sign up at the Arctic Oasis Community Center.

### Crunch 'n up Class

Learn how to work your abs and upper body to improve your fitness score. The HAWC will offer a Crunch 'n up Class Jan. 28 at 1 p.m. for free.